



# FRIENDLY CHATTER

FRIENDSHIP MANOR HCC

January 2020



# January Happenings

Our Wednesday Outings will depend on the Weather

Happy  2020

Can you believe it? Time Goes Soooooo Fast.

January 6th – 10th Taking down Christmas Decorations



Wednesday, January 1st – **HAPPY NEW YEAR**

Monday, January 6th at 1:30 p.m. – Bingo

Wednesday, January 8th at 11:00 a.m. – Coffee Ta Cream

Monday, January 13th at 1:30 p.m. – Jim Kirkendull

Wednesday, January 15th at 11:00 a.m. – Pizza Ranch

at 1:30 p.m. – Concertina Fun

Monday, January 20th at 1:30 p.m. – Hilary Sauter

Wednesday, January 22nd at 11:00 a.m. – Culvers

Monday, January 27th at 12:30 p.m. – Men's Group

at 1:30 p.m. – Phil Kitze

at 2:45 p.m. – Resident Council Meeting

Wednesday, January 29th at 11:00 a.m. – Bringing KFC in



## January Birthdays

### Residents

Richard H. - January 14th

Gene R. - January 15th

Winona S. - January 22nd

### Staff

Reiley S. - January 2nd

Kaylin B. - January 4th

Bruce S. - January 4th

Robin K. - January 7th

Casey O. - January 8th

Jennifer S. - January 9th

Samantha S. - January 18th

Emily W. - January 19th

Carrie W. - January 20th

Mary J. - January 21st

Ronald E. - January 27th

Mary F. - January 29th

Jeanette N - January 30th

Nicole N. - January 30th

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## 12 steps to self care

1. If it feels wrong, don't do it.
2. Say exactly what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak bad about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say no.
8. Don't be afraid to say yes.
9. Be kind to yourself.
10. Let go of what you can't control.
11. Stay away from drama and negativity.
12. Love.

## JANUARY WORSHIP SERVICES 2020

Thursday, January 2nd	Zion United Methodist Church	2:00 p.m.
Sunday, January 5th	Worship Service	
	Mt. Olivet Assembly of God	3:00 p.m.
Tuesday, January 7th	Communion Service	9:30 a.m.
	Bible Study W/Pastor George	2:00 p.m.
Wednesday, January 8th	Pastor Jerry	1:30 p.m.
Thursday, January 9th	Valley View Baptist	2:00 p.m.
Tuesday, January 14th	Communion Service	9:30 a.m.
	Bible Study W/Pastor George	2:00 p.m.
Thursday, January 16th	St. John's Lutheran Shakopee	2:00 p.m.
Sunday, January 19th	Worship Service	
	Mt. Olivet Assembly of God	3:00 p.m.
Tuesday, January 21st	Communion Service	9:00 a.m.
	Bible Study W/Pastor George	2:00 p.m.
Wednesday, January 22nd	Pastor Jerry	1:30 p.m.
Thursday, January 23rd	Movie Touched By A Angel	2:00 p.m.
Tuesday, January 28th	Communion Service	9:30 a.m.
	Bible Study W/Pastor George	2:00 p.m.

### **Comforting Scripture:**

**Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your father. So don't be afraid; you are worth more than many sparrows.**

**Matthew 10:29;31**



*Rest in Peace*

**We wish to express our deepest sympathy to the Family and Friends of the following Residents who have passed away.**

**Evelyn B.**

**Patricia P**

**Lyle K**

## National Spaghetti Day – January 4th

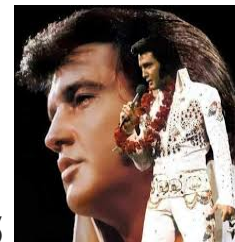


National Spaghetti Day is an unofficial holiday which falls on January 4<sup>th</sup> and celebrates the dish that is commonly served with sauce, meat balls and Parmesan cheese. On this day, people all over the world celebrate this dish by feeding their families their favorite version of it. If you're a fan of this food, then grab a fork and enjoy a steaming plateful of it on this day.



## National Bird Day – January 5

It is an annual holiday with half a million adherents who celebrate through birdwatching, studying birds, **bird** drinking games including 'bird date' and other **bird**-related activities. **Bird** adoption is a particularly important **National Bird Day** activity.



## Elvis Presley's Birth Anniversary – January 8, 1935

Happy birthday, Elvis! Elvis Aaron Presley was born **January 8, 1935**, in Tupelo, Mississippi, to Gladys and Vernon Presley. That's just the beginning of Elvis' legendary life, one full of music, movies and memorable birthdays.



## **Frisbee's Birthday – January 13, 1957**

A **frisbee** (pronounced FRIZ-bee, origin of the term dates to 1957, also called a flying disc or simply a disc) is a gliding toy or sporting item that is generally made of injection molded plastic and roughly 8 to 10 inches (20 to 25 cm) in diameter with a pronounced lip.



## **National Dress Up Your Pet Day – January 14**

The National Dress Up Your Pet Day takes place on January 14, 2020. It was founded to celebrate pets and to support the pet fashion community as a fun way. Dress Up Your Pet Day is a good opportunity to dress up your pet with sweaters, booties and fashion accessories.



## **National Hat Day – January 17 Our Hats Are Off To You!**

National Hat Day is an unofficial holiday which falls annually on January 15<sup>th</sup>. It celebrates one of the oldest human accessories. Hats have been worn all throughout history for a variety of different purposes: to indicate social status or branch of military service; to indicate the wearer has a position of authority; for religious purposes or to denote nationality; for ceremonial or fashion purposes; or to protect the wearer from sun, rain or other hazards. It's such an important article of clothing that millions of people all over the world will celebrate this day by dusting off their favorite hat and wearing it proudly in public. Will you be among them?



## Penguin Awareness Day – January 20

Penguin Awareness Day is an unofficial holiday which is celebrated annually on January 20th. This holiday is used to celebrate and commemorate these fascinating flightless birds which are loved by people all over the world. It's also a day to bring attention to the plight of these birds whose numbers seem to be shrinking faster and faster each and every day.



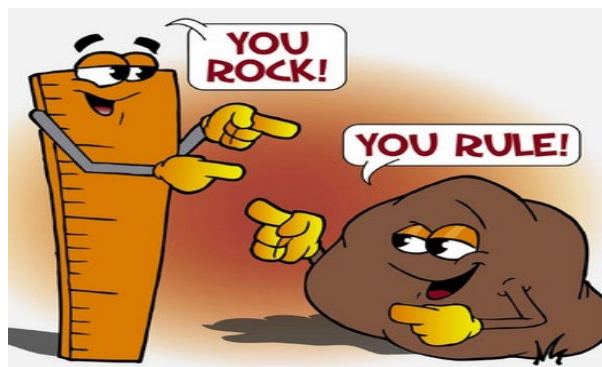
## National Compliment Day – January 24

Receiving a **compliment** is also just as much of a reward to the brain as being given money. **National Compliment Day** is observed next on Friday, January 24th, 2020. It has been observed annually on January 24th since 1998

Compliments



Feel Good!





## National Puzzle Day – January 29

Whether it's a crossword, jigsaw, trivia, word searches, brain teasers or Sudoku, puzzles put our minds to work.....

Exercise your problem brain with a puzzle. January 29th is National Puzzle Day.

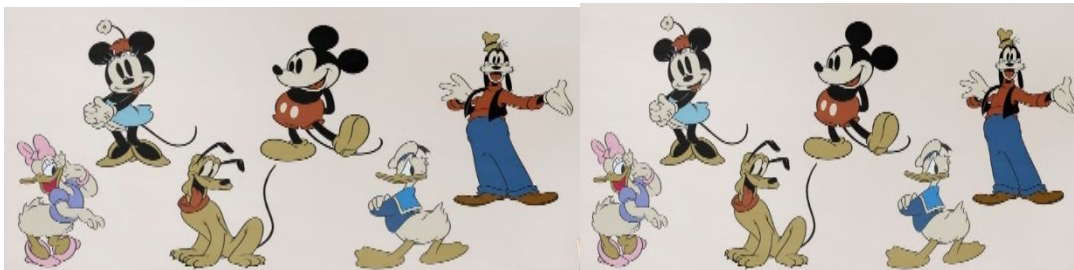
Whether it's a crossword, jigsaw, trivia, word searches, brain teasers or Sudoku, puzzles put our minds to work.

Studies have found that when we work on a jigsaw puzzle, we use both sides of the brain, and spending time daily working on puzzles improves memory, cognitive function and problem-solving skills.

Word searches and crossword puzzles have the obvious benefit of increasing vocabulary and language skills.

Sudoku, a puzzle sequencing a set of numbers on a grid, exercises the brain as well. By testing memory and logical thinking, this puzzle stimulates the brain and can improve number skills.

The bottom line is, puzzles stimulate the brain, keeping it active and practicing its skills.



Little Tidbit about the Cover of Friendly Chatter:

The man who served as the voice of Mickey Mouse for over 30 years, Wayne Allwine, was married to the woman who voices Minnie Mouse, Russi Taylor. Who knew, right? The two were married for nearly two decades until Wayne Allwine passed away in 2009. He was only 62.

# Employee Christmas Party

## Bingo Card Winners

Diane M.  
Dan M.  
Denise N.

## Pizza Winners

Shelly R.  
Dan M.  
Sandra H.  
Denise N.  
Anne B.  
Lindsey W.

## Pablo's Gift Card Winners

Kimber R.  
Nicole N.  
Jackie R.

## Christmas Carol Chaos Winners

Mary F.  
Mary J.  
Lindsey W.

**Christmas Tree Decoration** – Physical Therapy Wing II Lounge Minnesota Viking Tree

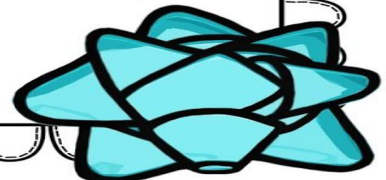


Thanks for all the great food, fun and participation!


## Positive Character Traits

Adventurous	Honorable
Brave	Humble
Compassionate	Imaginative
Considerate	Innovative
Cooperative	Intelligent
Courageous	Joyful
Creative	Kind
Dedicated	Loyal
Dependable	Optimistic
Determined	Organized
Enthusiastic	Patient
Fair	Proactive
Fearless	Reliable
Flexible	Resourceful
Friendly	Respectful
Funny	Responsible
Generous	Sincere
Gentle	Trustworthy
Hard Working	Wise
Helpful	
Honest	

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# WINTER WORD SEARCH



E T C G B W T B X E S S Y H I  
T N A H Q L W I K Q E N T O J  
A Y E H I I I A U V F O S L T  
L W C Z N L L Z O S W W O I S  
O I W T O F L L Z I W G R D E  
C I E M W R G Y P A H O F A W  
O R D O W T F W I B R F N Y O  
H S N E E R T E N I P D J S S  
C S C T M I T T E N S Y A N N  
T E P A E L C I C I F K O A G  
O J E K R H B O O T S W M C I  
H Y U S E F D N I W B W O V V  
F I R E P L A C E A O L E E I  
A V U C R U G U L N D D C E N  
C P Y I J U U L S U Q S I Y G

## WORDS TO FIND:



BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

“The first step towards getting somewhere is to decide you’re not going to stay where you are.” —J.P. Morgan